

B'NAI BRITH TIKVAH LODGE

PRESENTS



A Book of

PASSOVER

Recipes



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B'NAI BRITH TIKVAH LODGE

PRESENTS



A Book of
PASSOVER
Recipes

MESSAGE FROM THE NATIONAL PRESIDENT

It is with great pleasure that I introduce this recipe book to the public and send my best wishes to all those associated with it. It is not often that a recipe book of such modest proportions actually sees a second edition.

Those who recall the first issue of the Tikvah Sisterhood recipe book in the early days of the existence of the Lodge, will look back with pleasure and pride, as I do, on the great strides which have been taken by the Lodge since that time, in its tasks of Benevolence, Brotherly Love and Harmony.

This year sees the 10th Anniversary of the establishment of the B'nai Brith in Cape Town. This is a short span of time compared to the existence of our world-wide Order, but within this period great achievements have been reflected in the field of service to the communities of all sections.

With the issue of this booklet, the Lodge is once again being of service; directly in providing a very useful addition to our Pesach culinary literature and indirectly in the charitable purposes to which the proceeds of the sale of the booklet will be put.

Since a good meal requires only a short aperitif, let me say no more than to wish you all "B'TAY-AVON".

JOHN SIMON.

MESSAGE FROM MR. RAYMOND BELONSKY

Vice-Chairman Cape Jewish Board of Guardians

The Festival of Passover conjures up in the minds of Jewish families a sense of togetherness and well being. We look forward to sedorim with keen anticipation.

At this time, particularly, our thoughts are directed to the less fortunate within our Community who find themselves in the unhappy position of being unable to provide the bare necessities either for themselves or their families.

The Cape Jewish Board of Guardians has for many years conducted a special Passover Appeal, the proceeds of which are devoted to helping these unfortunate brethren to participate in the traditional festivities. The Tikvah Lodge has allied itself to this cause by publishing this recipe book, for which I, on behalf of the Committee of the Cape Jewish Board of Guardians and its clients, express our heartfelt thanks, with our commendation to the Jewish community in Cape Town to support it to the fullest extent.

Yours faithfully,

RAYMOND BELONSKY.

THE SEDER TABLE

The Seder Plate contains the following :

1. Afikoman—Three Matzot (half the middle matzo is put away at the beginning of the Seder and eaten at the very end of the meal)
2. Maror — the bitter herbs — horseradish or onion
3. Charoses (Recipe given)
4. Roasted shank bone of shoulder of lamb or chicken neck
5. Roasted egg
6. Parsley or lettuce
7. Basin of salt water

Remember to have the cup of Elijah, which is filled with wine and set aside for the prophet.

Basin of water for washing hands during the Seder.
Hard boiled eggs in salt water to start with.

CHAROSES

- ½ apple, chopped
- ½ cup ground nuts, almonds or walnuts
- ½ teaspoon cinnamon
- ½ teaspoon sugar or honey
- 1 tablespoon red wine

Method: Chop or grate the apple and mash thoroughly with the above ingredients, add wine and mix again.

APPETIZERS, ETC.:

HOME PICKLED CUCUMBERS

- 4 large cucumbers, salted, washed, diced or sliced
- 3 cups of water
- 1 cup of vinegar
- 2 tablespoons salt
- 1 tablespoon sugar
- Few bay leaves and allspice
- 1 large clove of garlic

Method: Boil the water, vinegar, salt, sugar, bay leaves and all spice and allow to cool. Add the sliced garlic and pour over the sliced cucumber in a jar. Leave for twenty-four hours and then place in the refrigerator. It keeps indefinitely.

GESMEERDE MATZOS

125 g cream cheese
1 egg
2 teaspoons sugar
 $\frac{1}{2}$ teaspoon cinnamon

Method: Mix the cream cheese with the egg and the sugar. Beat, then add the cinnamon and spread all over the rounds of Matzos. Shake a little cinnamon over the top of each smeered matzo and place under the grill in the oven for a few minutes. Suggested quantities for four people.

CHOPPED HERRING

4 salt herrings (cleaned, soaked for approximately 16 hours, then skinned and filleted)
4 hard boiled eggs
2 medium apples
2 medium onion (optional)
 $\frac{1}{2}$ slice matzo
Sugar, salt and vinegar to taste

Method: Mince all the above ingredients, leaving a piece of apple and matzo for last. Add salt, pepper and vinegar to taste and mix to firm consistency, then add remaining apple and matzo.

CHOPPED LIVER

250 g chicken livers (grilled in the oven)
4 hard boiled eggs
4 large onions
Chicken fat
 $\frac{1}{2}$ slice matzo
Salt, pepper to taste

Method: Chop up onions and brown in about 1 tablespoon chicken fat. When nice and brown add the grilled livers and fry for a few minutes. Mince the livers, eggs and onions, leaving the matzo for last. Add salt and pepper to taste. To soften the liver add the fat from the top of the chicken soup or chicken fat. An extra egg can be boiled for decoration. Sufficient for 8-10 people.

HOMEMADE PASSOVER WINE

18½ kg grapes

4½ kg sugar

Method: Remove stalks from grapes and place in barrel. Add sugar, stirring grapes and sugar a few times with a wooden stick or rod. Cover top of barrel with muslin (to protect from dust) and leave for seven days to ferment. During fermentation a bubbling noise is heard. Stir mixture through occasionally. After seven days close top of barrel with cork. Wine should mature in about two months.

POTATO LATKES

Peel and grate potatoes required on fine side of grater. To each pint add two well-beaten eggs and enough matzo meal to form a batter. Season with salt and pepper.

Melt a little fat in a thick frying pan and when oil is hot, add teaspoonfuls of the mixture in pan. Turn when brown on one side.

SOUPS

CHICKEN SOUP

1 kg flank, giblets and one chicken

2 large carrots

Parsley and celery

Leek or onion

Salt to taste

Method: Place meat in a large heavy pot with plenty of water and bring to the boil. Skim off thoroughly and then add vegetables and chicken. Simmer about 2 hours. Strain. Add salt and boil. The meat can be minced and used for meat blintzes.

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CREAM BEETROOT SOUP

6 large beetroot
2 litres cold water
2 teaspoons salt
Juice of 1 lemon or to taste
 $\frac{1}{2}$ cup sugar
1 cup sour cream

Method: Wash and peel beetroot. Grate 1 on medium side of grater and cut others in half. Put all beetroot in a pot and add water and salt. Bring to the boil. Add lemon juice and sugar, and allow to cook until beetroot is soft. Cool, and remove the half beetroots only. When ready to serve add cream slowly to cold soup. Can be served with hot boiled potatoes.

MEAT BLINTZES

3 eggs
2 cups water
 $\frac{3}{4}$ cup potato flour
1 cup cake meal
Pinch salt

Method: Sift dry ingredients. Add to beaten eggs. Use water to make smooth batter. Grease pan (heated) lightly with fat, pour batter thinly to cover pan. When dry, turn out on board. Grease pan for each pancake.

MEAT FILLING

500 g cooked steak, or meat from soup
2 tablespoons fat
1 egg
2 small fried onions
Salt and pepper to taste

Method: Mince meat and onions. Add remaining ingredients. Put small quantity of meat in each pancake. Fold over sides, roll up to form blintzes. Fry in chicken fat. Serve hot with soup.

MATZO KNEIDEL

1 egg
1 tablespoon chicken fat
3 tablespoons cold water
 $\frac{1}{4}$ teaspoon salt
Pepper, and ginger to taste
5 tablespoons matzo meal

Method: Beat egg well. Add water, salt, pepper, ginger and chicken fat and beat again. Add matzo meal. Allow to stand for 20 minutes then put into boiling salt water or chicken soup for 15 minutes.

SOUP MACAROONS

2 eggs
 $\frac{1}{4}$ teaspoon sugar
Pinch of salt
 $\frac{1}{4}$ teaspoon matzo meal
Few walnuts, ground fine (optional)

Method: Add the matzo meal and walnuts to the egg yolks which have been beaten, add salt, sugar and lastly fold in stiffly beaten egg whites. Drop by teaspoonful into boiling soup for 10 minutes.

FISH

FRIED FISH

Fish of choice, salted preferably for a few hours
Egg
Oil
Mixture of matzo meal and cake meal for coating

Method: Dry fish well and dip in beaten egg and then matzo meal and cake flour mixture. Shake off excess flour and fry in hot oil. Drain on brown paper.

FANCY FRIED FISH

1 kg Stock fish
Salted milk ($\frac{1}{2}$ teaspoon salt to $\frac{1}{4}$ cup milk)
Melted butter (1 tablespoon per 450 g fish)
Matzo meal and cake meal mixed together
2 sliced bananas sprinkled with lemon juice
 $\frac{1}{2}$ cup split almonds
 $\frac{1}{2}$ cup cream

Method: Wash and dry fish well. Dip into milk and then roll into matzo meal mixture. Place in buttered oven-ware dish and sprinkle with melted butter. Cook in a very hot oven over 500°F for about 10 minutes.

Fry almonds in butter in a frying pan. Sprinkle between the fish. Now add sliced bananas and cream to fish and return the fish to the oven for a further 5 minutes till cream is hot. Serve immediately with a fresh green salad.

GEFILTE FISH

1½ kg fish (1 kg stock and $\frac{1}{2}$ kg of either
Kabeljou, 74 or Steenbras)
125 g matzo meal
2 large eggs
2 onions
2 carrots
2 tablespoons cold water
1 stalk celery
1 large carrot sliced

Method: Make stock by boiling together the skin, and bones of fish together with carrots left whole, and onions sliced, leaving on skin. Add salt and pepper and boil for $\frac{1}{2}$ hour, then strain. Mince fish and rest of above ingredients, mix well, add beaten eggs and mix again. Make into balls and add to the strained boiling stock. Simmer for 2-3 hours. Keep the whole carrots for decoration. If desired, grate additional 3 carrots and sprinkle over the boiling fish. This gives the fish a good colour.

PICKLED HERRING

4 herrings (soaked for 16 hours, then washed well and filleted, the skin may either be removed or left on)
2 large onions
1 tbs. sugar
1 cup of vinegar
3 cups water
Bayleaves and allspice

Method: Cut the herrings in fillets and either roll or cut into pieces. Slice onions and pack into jar with the herring, adding a few bay leaves and allspice between layers. Make a sauce of the sugar, water and vinegar tasting to see if strong enough. Pour over herrings and place in fridge.

BAKED FISH

1 kg of any firm fish
2 tomatoes
1 onion
1 cup cream
Butter
Matzo meal
Milk
Salt and pepper

Method: Dip slices of fish in milk, then roll in matzo meal and place in buttered pyrex dish. Place slice of tomato and onion on each piece of fish, and pour over the cream and the milk used for dipping the fish in. Place dabs of butter on the fish and bake in moderate oven 375 deg. until done.

HERRING SALAD

3 herrings (soaked for 16 hours, then washed well, skinned, filleted and sliced)
2 onions
2 tomatoes
2 apples
2 cooked beetroots
2 home pickled cucumbers
Homemade mayonnaise to bind
1 cup cream

Method: Dice all the above ingredients, pour over cream and mayonnaise. Mix well. Serve with hard boiled egg wedges on lettuce leaves.

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MEAT AND POULTRY

CARROT TZIMMES

2 kg brisket
2 sliced potatoes (optional)
1 tablespoon honey or sugar
1 onion
4 bunches diced carrots

Method: Boil brisket with onion until soft, add diced carrots. When nearly soft add potatoes. Remove brisket, place in roasting pan, add honey or sugar to carrot mixture. Pour over brisket and leave in oven to brown slowly.

PRUNE TZIMMES

Vary the above recipe by substituting 500 g of prunes, soaked overnight, instead of the carrots. Add 4 potatoes just before removing the brisket and prunes. Cook in the same way.

SWEET AND SOUR TONGUE

Boiled pickled tongue, skinned and cooled.

Sauce:

- $\frac{1}{2}$ litre water
- 1 finely diced onion
- 1 diced apple
- 6 prunes (stoned and cut up)
- 6 dried apricots (cut up)
- 2 diced tomatoes
- Juice of half a lemon
- 2 dessertspoons honey
- $\frac{1}{2}$ teaspoon ginger
- $\frac{1}{2}$ teaspoon salt
- $\frac{1}{2}$ cup Matzo meal
- Raisins or sultanas

Method: Make a brown gravy by cooking all ingredients for $\frac{3}{4}$ of an hour. Taste occasionally to see if sour enough.

Slice cold tongue, not too thinly, and place in pyrex dish. Pour sauce over and simmer in moderate oven for $\frac{3}{4}$ hour.

POULTRY STUFFING

1 cup matzo meal
1 egg
1 tbs. chopped parsley
2 tbs. chicken fat
 $\frac{3}{4}$ cup water
Salt, pepper and mixed herbs to taste

Method: Combine all above ingredients and stuff chicken.

ROAST CHICKEN

Season chicken well with salt, pepper, ginger and garlic. Wrap in aluminium foil with sliced onions and carrots. Put in roasting pan in moderate oven (375 deg.) until soft. Open foil up, pour over cup of red wine and baste often.

CHICKEN FAT

1 bottle fish oil
500 g vegetable cooking fat
3 medium sized onions
1 large carrot

Method: Slice onions and carrots and add to oil. Boil slowly until onions are brown. Strain when cool and keep under refrigeration.

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PUDDINGS AND SWEETS

PARAVA ICECREAM

- 3 eggs
- 200 g sugar
- 1 large orange
- $\frac{1}{4}$ litre fruit juice or water
- 1 cup mashed fruit (If using bananas use lemon juice, otherwise use stewed pear, apple, etc.)

Method: Boil sugar and fruit juice or water together for 10 minutes. Beat egg yolks and pour on slightly cooled syrup, return to gentle heat and stir till thickens, do not reboil, otherwise it will curdle. Add sieved or mashed fruit and rind and juice of orange or lemon. Leave till cold. Beat lightly and put in freezer for 1 hour. Remove to bowl and add stiffly beaten egg whites. Return to refrigerator and serve when set, and firm.

POTATO PUDDING (KUGEL)

- 4 large potatoes
- 2 eggs
- $1\frac{1}{2}$ tablespoons potato flour
- 2 teaspoons salt
- 1 tablespoon chicken fat
- Pepper to taste

Method: Grate the potatoes, and drain off the water. Beat the two eggs and add to the grated potatoes. Add the rest of the ingredients, mix well and pour into a well greased pyrex dish. Bake in moderate oven until golden brown.

If desired add a tablespoon of sugar when mixing ingredients.

GREMSLACH

- 3 eggs
- 2 small glasses cold water
- 3 tablespoons chicken fat
- $\frac{1}{2}$ teaspoon salt
- $\frac{1}{2}$ teaspoon cinnamon
- matzo meal

Method: Beat eggs well, add water, fat, salt and cinnamon. Add enough matzo meal to make a rather loose mixture. Allow to stand in refrigerator for a few hours (2 not more) and then form into flat rounds about the size of pancakes and fry in hot chicken fat until golden brown on both sides.

Serve sprinkled with cinnamon and sugar or spread with syrup.

APPLE CHARLOTTE

2 matzos
125 g butter chopped fine
2 cups apples, sliced fine
 $\frac{1}{4}$ cup sugar
3 eggs, separated
2 tablespoons raisins
1 tablespoon almonds, blanched and grated
 $\frac{1}{4}$ teaspoon cinnamon

Method: Soak matzos in water till soft. Squeeze dry. Add beaten egg yolks and rest of ingredients, keeping the beaten whites last. Pour into well-greased pudding dish and bake till golden brown, about 1 hour at 350 deg.

PRUNE OR APRICOT WHIP

250 g prunes or apricots
 $\frac{1}{4}$ cup sugar
5 egg whites
 $\frac{1}{4}$ teaspoon lemon juice

Method: Wash fruit. Cook in water till soft. Remove pips and rub through strainer. Add sugar and cook 5 minutes. Cool. Add cold fruit and lemon juice gradually to stiffly beaten egg whites. Place in greased baking dish and bake 30 - 45 minutes at 275 deg.

Serve cold with cream.

CARROT INGBERLACH

750 g carrots
100 g almonds
500 g sugar
1 teaspoon ginger

Method: Cook carrots, mash and press off juice through strainer or cloth. Add sugar and ginger. Put in saucepan and cook on low flame for an hour or more, stirring often. When thickening, add almonds. When mixture sets in cold water, turn onto dampened board, which has been sprinkled with sugar and a little ginger and spread to about $\frac{1}{2}$ inch thickness. Sprinkle top with sugar and ginger and when slightly cooled, but before mixture has hardened, cut into 1 inch diamond squares.

MEBOS

500 g dried apricots
1 cup sugar
Castor sugar
Pinch salt

Method: Wash apricots well, if very dry soak for a little while in cold water. Dry. Mince and knead well with salt and sugar. Dampen hands and flatten to about $\frac{1}{4}$ inch thickness on dampened board. Cut into rounds with egg cup or slice into diamond shapes. Coat with castor sugar. Pack in layers of greaseproof paper.

ORANGE POMERANTZEN

Method: Boil skins of 4 oranges till soft. Remove rind. Add 1 cup sugar to each orange and place skins and sugar in a saucepan, over a slow flame. Boil slowly until skins are transparent and sugar syrupy. Flatten skins and sandwich together with the rinds outside. Beat up the syrup with an egg beater till white and pour over skins. Cut into shapes.

APRICOT JAM

1 kg sliced apricot
 $2\frac{1}{2}$ litres water
 $2\frac{1}{2}$ kg sugar

Method: Clean apricots, and cut into quarters. Soak for 24 hours in water. Cook with sugar in same water in which apricots have been soaked for approximately $2\frac{1}{2}$ hours. Test jam in saucer. If it is firm as it cools, the jam will be ready. Cool and bottle.

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CAKES AND BISCUITS

CHEESE CAKE

1 cup Matzo meal
1½ tablespoons butter
500 g cottage cheese
½ cup sweet cream (½ pint)
2 eggs
1 tablespoon potato flour
2 tablespoons raisins (optional)
½ cup sugar

Method: Melt butter, add it to matzo meal. Pat very firmly into pyrex dish. Mash cheese till smooth. Add cream, egg yolks, potato flour, raisins and sugar. Beat egg whites until stiff and fold in very gently. Pour mixture on to crumbed base and bake in a moderate oven for 70 minutes.

SWISS ROLL

4 eggs
84 g cake meal
112 g castor sugar
Little grated lemon or orange rind

Method: Beat egg yolks with sugar till creamy, add sieved meal lightly and fold in with rind, finally fold in stiffly beaten whites. Put mixture on greased and floured baking sheet for 10 - 15 minutes, in 400 deg. oven. Turn onto dampened sugared cloth, spread with hot jam and roll.

NUT CAKE

5 eggs
1 tablespoon cake meal
1 teacup castor sugar
1 tablespoon brandy
200 g almonds, minced with skins on

Method: Beat egg yolks and sugar till creamy. Add cake meal, 1 tablespoon brandy, then nuts. Lastly add stiffly beaten whites. Bake in moderate oven (325 deg.) for 30 minutes.

MATZO SPICE CAKE

3 tablespoons matzo meal or cake meal
 $\frac{1}{2}$ tablespoon cinnamon
6 eggs
 $\frac{1}{2}$ tablespoon ground ginger
 $\frac{1}{4}$ tablespoon ground cloves
6 tablespoons sugar

Method: Beat egg yolks with sugar until thick and lemon coloured. Fold in dry ingredients, which have been sifted together 4 times. Beat the egg whites till stiff but not dry and fold lightly into mixture. Bake this in oven of 325 deg. until toothpick inserted in cake will come out dry. Time depends on the thickness of the cake.

APPLE TART

4 - 5 dessertspoons butter
1 egg yolk
1 tablespoon sugar
Little cold water or lemon juice
8 tablespoons cake meal
 $\frac{1}{2}$ cup cream
1 tablespoon oil
6 apples stewed

Method: Cream butter with sugar, add egg yolk, oil and cake meal. Make a dough of soft consistency by adding cream and cold water. Pat pastry gently into greased pastry dish, spread with jam, then stewed apples. Place strips of pastry on top or make a meringue top and bake in moderate oven for about $\frac{1}{2}$ hour.

SPONGE CAKE

6 eggs
1 cup sugar
Salt
Juice of $\frac{1}{2}$ lemon and $\frac{1}{2}$ orange
 $\frac{1}{2}$ cup cake flour
 $\frac{1}{2}$ cup potato flour

Method: From the 6 eggs, set aside three whites and beat stiffly. Beat the remainder of the eggs, add the sugar and salt and beat well for $\frac{1}{2}$ hour. Add the juice of the lemon and orange and beat. Add the cake flour and potato flour which have been sifted. Lastly add the 3 egg whites and fold into mixture. Line a 10-inch tin and bake for $\frac{3}{4}$ hour at 375 deg.

ALMOND CAKE

6 eggs
250 g ground almonds
1 dessertspoon brandy
1 teacup sugar (not quite full)

Method: Beat yolks and sugar till creamy. Mix in almonds. Add brandy and fold in stiffly beaten whites. Bake in slow oven for about 1 hour. Tin must be well greased and also dusted with potato flour.

TEIGLECH

6 eggs
1 tablespoon Pesach brandy
Cake meal
1 tablespoon oil
1 teaspoon ginger
700 g honey
4 cups water

Method: Boil sugar, honey and water together for 5 minutes to make a syrup. Beat up eggs, add oil, brandy, ginger and enough cake meal to make the mixture suitable for rolling. Roll out into balls, put into boiling syrup, boil for 25 minutes with lid on. Remove lid, stir and boil till golden brown. Test one by putting into cold water and if floats, then it is ready.

DATE MACAROONS

30 dates
250 g unblanched almonds, cut into thin strips lengthwise
2 egg whites
1 cup castor sugar

Method: Beat the whites of two eggs stiffly and add the castor sugar. Beat well again then fold in the dates, which have been stoned and chopped finely, and the almonds.

Drop with 2 forks in small portions on a greased tin and bake in oven at 325 deg. for 30 minutes.

ALMOND MACAROONS

5 egg whites
340 g sugar
Blanched almonds
226 g ground almonds
2 tablespoons fine Matzo meal

Method: Whip egg whites stiffly, add sugar and fold in ground almonds and then meal. Moisten hands and roll mixture into small balls. Place half almond on each ball and place on greaseproof paper on a shallow tin. Bake at 325 deg. When done lift paper with macaroons and place on wet board, where macaroons will slip off paper easily.

PASSOVER BISCUITS

1½ cups cake flour
1½ cups potato flour
250 g butter
1 cup sugar
3 eggs
1 teaspoon lemon juice
1 teaspoon brandy

Method: Rub butter into flour and sugar. Beat in eggs one by one. Add rest of ingredients. Shape into rolls on greaseproof paper. Keep in refrigerator a couple of hours. (The longer the better.) Cut into slices ¼ inch thick. Press one side of biscuit into sugar. Bake on well-greased pan at 375 deg. until done.

CINNAMON BALLS

226 g ground almonds
340 g brown sugar
1 tablespoon cinnamon
Little ground ginger
4 eggs less one egg white

Method: Mix the almonds, sugar, cinnamon and ginger together and add beaten eggs. Keep one egg white unbeaten. Make into balls, dip in egg white, then in chopped almonds and bake in 300 deg. oven for 20 - 30 minutes.

DROP SCONES

2 eggs
½ cup of milk or water
½ cup cake meal
1 teaspoonful sugar
½ teaspoon salt

Method: Beat the eggs well and add the dry ingredients. Mix well and pour on to hot slightly greased griddle. When it bubbles turn and brown the other side. If a lighter scone is desired the egg whites may be beaten separately until stiff and folded in last.

COCONUT MACAROONS

200 g desiccated coconut
125 g castor sugar
25 g potato flour
Whites of 2 eggs

Method: Mix coconut, sugar and potato flour together. Whip the egg whites to a stiff froth, then fold in the dry ingredients lightly. Put in little rough heaps on a well-greased baking tin and bake in 325 degree oven till crisp and light biscuit colour, about 40 minutes.

BUTTER BISCUITS

112 g cake meal
250 g butter
1 cup sugar
2 eggs

Method: Rub the butter into the cake meal. Add sugar and knead into a dough with egg, kneading well with the hands until basin is clear. Break off pieces, roll into small sausages, pat down with a fork and cut into desired lengths. Sprinkle with chopped almonds. Bake at 375 deg. for 15 minutes or until golden brown.

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